

thermomix

Welcome to the World of Thermomix®

Get Cooking Fast with these Essential Tips



VORWERK



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Congratulations on purchasing your Thermomix® TM6™.

Combined with the Cookidoo® recipe platform, you can unlock thousands of recipes from all over the world to provide you with fresh ideas, endless inspiration, and simply good food - every day.

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Welcome to Your New Lifestyle

Cooking is a natural part of life and should be fun and easy. Thermomix® is your secret ingredient for a good meal. Cooking is more than putting food on a plate. It is the pleasure of being in the kitchen. Gathering around the table and talking about your day. Sharing and discovering new tastes.

Health

Cooking from Scratch

Being able to prepare our own staples, such as, yogurt, biscuits, jams and juices means we know exactly which ingredients and how much are going into our food. When we cook from home we are in control. Natural ingredients, without preservatives, with less sugar, allergen free, are heart healthy, nutritious and pure.

Creative

Freedom in the Kitchen

You can have freedom and confidence in the kitchen with Thermomix®. Feel self-sufficient and create that special dessert from your childhood; replenish the mayonnaise without driving to the supermarket and enjoy pizza night with the kids without delivery. It is possible to impress friends without being a chef. You can follow a recipe or be totally creative, one thing is certain: with Thermomix® you will feel capable of anything.

Time Saving

Living in the Moment

Free time is a great luxury. If you had more time you could enjoy each moment more. Relax on the couch, read a book or play with the kids while Thermomix® does the work. Perform basic tasks, such as chopping onions, in seconds. While Thermomix® prepares your meal, enjoy your free time.

Easy

Help in the Kitchen

Follow Guided Cooking with step-by-step instructions, view photos and recipe videos, and navigate Cookidoo®, our Thermomix® recipe platform. Just tap the screen to start cooking, to search for dinner ideas, plan the week's menu, create a shopping list and more. Thermomix® recipes travel with you anywhere: on your computer, tablet or smart phone. Your life just got easier.

Money Saving

Less Shopping, Less Waste

There are some foods you will never want to buy again... Not after you try making them with Thermomix®. They taste better, are easy to prepare and save you money. Sauces, yogurts, cheese, smoothies, cookies and birthday cakes are just a few examples. At the same time, you can take full advantage of ingredients and avoid food waste: add vegetable stalks to a morning smoothie; make fruit juice with peel and still obtain a smooth texture; turn leftovers into a delicious quiche in minutes; use ripe fruit for ice cream and milkshakes. Less shopping, less waste, more savings.

Imagine yourself in your first home without even knowing how to boil an egg. With your first child in your arms. About to start a diet. With 15 guests coming for dinner...

How would you like to have extra help? Thermomix® will always be by your side.

Appliance Features

Touch Screen

Just like a tablet with Wi-Fi the touchscreen enables you to access all the features and cooking modes, and connects you directly to Cookidoo®.

Cookidoo®

Thousands of recipes tested for success. Your kitchen is always connected to Cookidoo®, where you will always find a recipe that you love. Search among thousands of tested recipes, view photos, recipe videos and start cooking right away. You'll never run out of ideas.

Smarter Cooking

Let Thermomix® do the work. With Guided Cooking recipes you will have step-by-step cooking instructions. Time, temperature and speed functions are all preset; Thermomix® will handle the cooking and prompt you for the next ingredient. You can relax and carry on a conversation while preparing dinner, you won't miss a step.

Cook on 4 Levels

Prepare several dishes at once. Discover how to cook using several levels. With multi-level cooking you utilize the simmering basket, Varoma and Varoma tray to prepare a soup, cook a main course and a side dish all at the same time. Convenient, faster and energy efficient.

High Temperature Cooking

The high temperature cooking allows extra browning, more intense flavors and new techniques such as caramel making.

Reliable Quality

Cook with confidence. The high precision and resistance of Thermomix® makes it the most reliable assistant. Being absolutely sure that a risotto will come out perfectly or that the sauce won't have any lumps makes cooking a joy. Thermomix® is so precise it can control the temperature from 37°C to 160°C, gently heating baby food or browning and caramelizing ingredients.

Clever Accessories

Easy and useful. The spatula is designed to avoid any waste, the butterfly whisks egg whites and cream perfectly, the simmering basket allows you to cook eggs or strain a lemonade... Thermomix® and its different parts were all designed to make your cooking experience even easier.

Varoma

The Thermomix® Varoma provides a gentle, easy way to steam fresh vegetables, meats and bread.

Mixing Bowl Lid

The lid of Thermomix® is an integral part of the built-in safety measures. It must be in place for the locking arms to close around it and for the appliance to start. It also allows oil to be drizzled into mayonnaise at the perfect speed.

Mixing Knife

The multi-purpose efficient mixing knife is the heart of Thermomix®. It stirs at low speeds, mixes at medium speeds (2 - 4) and chops at higher speeds. The rotation can be reversed for more gentle stirring, or shredding.

Simmering Basket

Food cooked in the simmering basket is held clear of the rotating knife for perfect steaming or boiling, and the lid closes over it, for additional safety.

Scale

When precision and accuracy are required, Thermomix® won't let you down with its built-in digital weighing scale.

Spatula

Use to scrape down the sides of mixing bowl, safely remove the simmering basket, and to assist with mixing or chopping through hole in mixing bowl lid.

Butterfly Whisk

The butterfly whisk is used to aerate sauces and mousses, whip egg whites and cream or make your own butter.

Splash Guard

The splash guard protects against splashing of hot content when cooking at higher temperatures, such as 160°C.

Mixing Bowl

Thermomix® has a durable stainless steel mixing bowl, with integrated heating.

Heating System

The heating system ensures the highest standard of performance in Thermomix® when cooking.

All Thermomix® parts, except the main appliance, are dishwasher-safe.



The World of Thermomix® Goes Beyond Cooking

Thermomix® comes with a community. It's a world of people and services to support you. Everything you need for a rewarding cooking experience with Thermomix®.

There's Someone to Help You

Your Thermomix® Independent Consultant is available to assist you. A person to show you how Thermomix® meets your needs and tastes. To advise you on how to enjoy the services available. Do not hesitate to call him or her with your questions. You can also attend cooking classes and purchase Thermomix® booklets and accessories. In addition, you can call the Customer Happiness team for technical help.



Books and Booklets for Leisurely Reading

These beautifully printed Thermomix® cookbooks and booklets are designed to give the inspiration you need for everyday cooking and special occasions. New recipes, cooking tips, nutrition themes and articles written especially for Thermomix® users are published regularly each year. You will be inspired to turn on your Thermomix®, find the recipe in Cookidoo® and start cooking.

Digital Recipes for Endless Inspiration

Cookidoo®, the Thermomix® recipe platform, has new recipe suggestions every week. Explore this huge digital cookbook and find delicious recipe inspiration, every time. Thousands of recipes are available directly on your Thermomix® or on your computer, tablet or smartphone, wherever you are.

Cooking Events and Classes to Support Your Ambitions

In our cooking classes you will discover how to make the most of your Thermomix®. What makes these moments special is getting a chance to taste selected recipes and share experiences with other users that will bring more value to your everyday cooking. All you have to do is book a spot and enjoy.

An Online Community to Support You

Thermomix® has a strong presence online. Join us on social media (@ThermomixCanada) where thousands of enthusiasts share their recipes and experience. Here you can publish your successful recipes and find many helpful suggestions. It also has a forum where you can ask questions and keep track of dozens of tricks from experienced users. Visit our online store (shop.thermomix.com), where you'll find accessories, books and more.



Thermomix® Fits Your Style

Life is full of transformation and change. Acquiring a new home, starting a new job, raising a family, traveling, changing to a healthier diet or saving on the family budget... Families don't stand still. Adaptation is key. Everything moves and so does Thermomix®. We keep evolving to keep up with your lifestyle changes.

Cookidoo®

Cookidoo® is the meal planning tool that stays with you at all times, whether on the Thermomix® screen, your computer, tablet or smartphone. It can adapt to the different profile and rhythm of each family; for those who only cook from time to time; for those who like to plan everything from the menu to the grocery list; for those who cook every day and need to vary meals; for those who like to go with the flow and improvise, at the last minute, using the ingredients they have at home.



Cookidoo® Answers “What’s for Dinner?”

Whatever is in the Fridge

Utilize what's on hand. Search according to the ingredients you have in the fridge or in the pantry and Cookidoo® will propose solutions.

Something to Please Everyone

Create a dinner menu that satisfies your guests food preferences and allergens. Use category search and filters to narrow your search and find recipes that meet your criteria. Dinner will be ready in no time.

Try our Recommendations

Spotlight recipes and Editor's Picks are updated regularly to inspire and motivate you to try something new. Rely on the experience of our recommendations to try something different.

The Menu Will Tell You

Plan meals in advance and make a shopping list on Cookidoo®. No need to worry any more about what's for dinner. Just go home and prepare exactly what is on the menu.

Check the List and You'll Know

You can group recipes into lists according to your needs: "Diet", "Meals in 30 minutes", "Dad's birthday party", etc. This way you always know where to find favorite recipes and you can easily plan events. With Cookidoo® you will get the most out of your Thermomix®: from an endless source of inspiration you'll find just the recipe you need, ready for Guided Cooking.

Cooking with Thermomix®

It feels good to come home after work and easily cook Bolognese sauce. To enjoy the comfort of a hot soup when it is cold outside. To prepare a quick fruit sorbet on a hot day. To replicate grandma's rice pudding. To impress your mother-in-law with a fancy dessert. To know nothing about cooking and yet be successful, just by following a Guided Cooking recipe. Cooking with Thermomix® is all of this and much more. Have fun!

Blending

Speeds 6-10

Achieve the perfect blended texture for healthy smoothies, silky soups or fabulous cocktails. To blend, use speed 6 or higher, for a few seconds if you prefer a chunky consistency, or longer for a smooth texture. When blending hot preparations, always increase the speed gradually.

Steaming

Speeds 1-2

Steam a wide variety of ingredients in the Varoma. Steam food on three levels while you cook a soup or a stew in the mixing bowl, preserving nutrients for a healthier meal.

Weighing

Having a built-in scale allows for precision without effort, a transformative experience for new Thermomix® users. When you add ingredients to the mixing bowl, Thermomix® weighs them for you, then carries on with the recipe.

Mixing

Speeds 3-5

Mixing with Thermomix® is easy and quick. It only takes a few seconds to mix a batter or a sauce.

Emulsifying

Speeds 4-5

With Thermomix®, creating a perfectly emulsified salad dressing or mayonnaise is quick and easy.

Grinding & Milling

Speeds 9-10

The powerful Thermomix® motor and high quality mixing knife grinds or mills nuts, grains, sugar, or hard cheese to the finest powder.

Stirring

Speeds 1-1

Let the Thermomix® mixing knife stir the ingredients continuously for even heat distribution and perfectly cooked dishes – without having to watch over a pan on the stove.

Heat

Integrated sensors within the mixing bowl regulate the temperature as precisely as you want it. Ideal for tricky preparations such as the Hollandaise sauce, to melt chocolate without burning or to make homemade yogurts.

Whipping & Whisking

Speeds 2-4

You can whip cream quickly and easily, whisk egg whites into beautiful peaks or make the perfect sabayon. Insert the butterfly whisk on top of the mixing knife and set the speed to 2 – 4 (maximum).

Chopping

Speeds 4-6

Perfectly chopped ingredients in seconds: Powerful Thermomix® chops onions, nuts, herbs, meat, carrots, potatoes and so much more. Grate 1000 g potatoes in 5 seconds, 1000 g onions in 4. You have to experience this to believe it.

Kneading

The dough mode imitates the kneading action of a professional baker with an intermittent clockwise-counter clockwise motion. Pizza dough can be kneaded in 2 minutes, without getting your hands messy.

Cooking

The Thermomix® mixing bowl is used for more than just mixing: it replaces your stainless-steel saucepan, conducting heat efficiently to the ingredients. Warming, heating, cooking or sautéing – Thermomix® cooks using precise heat and stirring settings for perfect results.

Everything you need in one place

Thermomix® replaces a long list of kitchen appliances and utensils, such as a timer, chopper, grater, dough maker, yogurt maker, kettle, coffee and spice grinder, juicer, blender, mill, pestle and mortar, mixer, food processor, and scale. More than 20 functions integrated in a single kitchen appliance.





Cooking Your Way

There are two ways to cook with Thermomix®. Manually or with Guided Cooking. Regardless of what you choose, Thermomix® puts the power in your hands to make delicious and satisfying meals from scratch.

1

Classic Thermomix® Cooking: You set the time, temperature and speed

With only 3 settings: time, temperature and speed, Thermomix® can perform many functions, taking the effort out of any recipe. Classic Thermomix® cooking gives you full control over your preparation and allows you to adapt or create your own recipes with complete freedom. Place ingredients in a clean, dry mixing bowl to ensure the best results for grinding and chopping, and is essential for whisking egg whites. Time, temperature and speed are all displayed on one screen. The current setting is always highlighted and can easily be adjusted by turning the knob.

How to Use Different Temperatures and Speeds

Temperatures

In classic Thermomix® cooking, choose temperatures between **37°C** and **120°C**:

- **37-55°C**: melt or warm gently (e.g. chocolate).
- **60-80°C**: cook gently, similar to a bain-marie (e.g. sauces, custard).
- **80-95°C**: heat milk without over-boiling or water (e.g. for speciality tea).
- **100°C**: boil water or cook (e.g. soups, stews).
- **105-115°C**: cook (e.g. sugar syrup).
- **120°C**: sauté (e.g. onions).
- **Varoma**: steam (e.g. fish, breads).

Speeds

- **Stir**: as if you were mixing using a wooden spoon (e.g. for risotto).
- **Speed 1–3**: Mix gently, mash potatoes or chop soft ingredients (e.g. hard-boiled eggs, raw mushrooms)
- **Speed 4–6**: Chop (e.g. onions, carrots), emulsify (e.g. mayonnaise, hollandaise sauce)
- **Speed 7–10 and Turbo**: Grind or mill (e.g. sugar, wheat, coffee), blend to a completely smooth texture (e.g. creamy soups, smoothies, ice cream, sorbet) or chop hard ingredients (e.g. cured ham, hard cheeses).
- **Reverse icon with low speeds** (↺-3) will prevent delicate foods from falling apart.
- **↻ with speed 4** can be used for shredding ingredients without chopping them.

Thermomix® TM6™ can also reach higher temperatures in Guided Cooking recipes. We are constantly programming new modes to make our your life easier. So update your software regularly and keep an eye out for the latest updated modes!

Modes

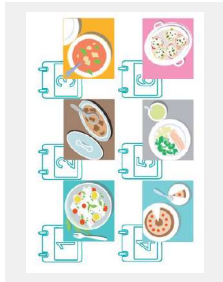
- A mode is an automated function that allows Thermomix® to handle a specific task for you.
- Use the **Kettle mode** to heat up water for a tea or milk for your breakfast. You choose the temperature and Thermomix® will heat it precisely for you.
- Pre-Cleaning** makes washing up after dinner a quick and painless process. The **Scale** lets you measure ingredients precisely into the mixing bowl or in another container. **Turbo** operates Thermomix® at maximum speed, in short bursts. When making breads or pizza doughs, **Dough mode** imitates the kneading action of a professional baker.
- Swipe** the home screen to the right to access these and many other modes. You'll find further explanations for each one by touching its information icon on your Thermomix®.

Guided Cooking: All Pre-Set for You

To make things even easier just follow a Guided Cooking recipe. Simply select a recipe from Cookidoo® and follow the steps on screen. Even complicated dishes are made easy with Guided Cooking and the most inexperienced cooks will be preparing dishes they never would have imagined possible in their own kitchens. Guided Cooking also lets you cook at higher temperatures, for example for caramelizing onions, browning meat or making caramel. For Thermomix® high temperature recipes, you must use the prescribed ingredient quantities for success. The new High Temp mode will allow you to have an enhanced cooking experience with Thermomix® – developing richer flavors and allowing new cooking techniques.

Start Cooking

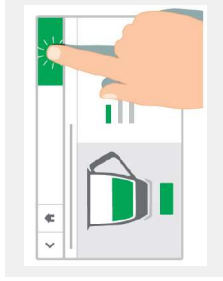
Always remember to insert the measuring cup, unless otherwise mentioned in a recipe.



Use the search function to find your recipe by name or ingredient, or find your selected recipes in your planner under **"My week"**.



Select a recipe and view it from beginning to end by scrolling down. This is the same as reading the recipe from the cookbook on a digital display.



You'll see clear step-by-step instructions so you know exactly what you have to do. Time and temperature are pre-set so all you need to do is add the ingredients – let Thermomix® weigh them for you – and activate the speed dial. Once you've completed a step, touch **"Next"** to see the following set of instructions.

If you're more comfortable cooking manually, you can override Guided Cooking and adjust the settings to your own needs. Change ingredients or adjust the settings, the decision is yours. Thermomix® can cook for you but you still have the final word. In higher temperature recipes, make sure to follow the quantities and ingredients for success.

Tips to Keep in Mind:



Use the splash guard with higher temperature recipes to avoid hot splashes. The simmering basket and the Varoma dish can also be placed on the mixing bowl lid to allow steam to escape. In addition, both can be used as sieves.



Add ingredients to the simmering basket and Varoma according to their cooking times, placing the faster cooking ingredients (e. g. fish) on the Varoma tray. Make sure steam can circulate: when placing ingredients in the Varoma, leave some holes unobstructed on the sides.



"With aid of spatula" when this is mentioned in a recipe, insert the Thermomix® spatula through the hole in the mixing bowl lid, and rotate it to support the mixing and the chopping. No other utensil should be used in this way.



Use the spatula to remove the hot simmering basket as well as to scrape food out of the mixing bowl. After emptying the mixing bowl, use the spatula, pressing it perpendicularly to the sides of the mixing bowl, to scrape out remaining ingredients. The tip of the spatula is shaped to fit around the mixing knife.



Dislodging ingredients: after emptying the mixing bowl, a few seconds on speed 10 will project residues onto the sides of the mixing bowl, making them easy to scrape out with the spatula.



To weigh ingredients outside the mixing bowl, tare the scale and place them on the mixing bowl lid. Or place a container on the mixing bowl lid, tare the scale, then weigh ingredients into the container. You can also weigh ingredients on the mixing bowl lid while Thermomix® is working at low speed.

How to Cook Your Own Recipes

Cook your own recipes with your Thermomix®. You may feel like cooking a stew from an old family cookbook, the new cake that is trending on social media or a childhood recipe. Once you know how to combine time, temperature and speed it will be easy. Meanwhile, you just have to practice with tested Thermomix® recipes and understand how to adapt a recipe in a Thermomix® way.

Refer to a Similar Thermomix® Recipe

Familiarize yourself first with Thermomix® by cooking some recipes from Cookidoo® before attempting to adapt your own recipes. Once you feel comfortable cooking with Thermomix®, search in Cookidoo® for a recipe that has a similar method to the one you want to cook. Use the Thermomix® recipe as a template. If the quality or quantities of ingredients are significantly different, adjust cooking times. Make sure you don't exceed the capacity of the mixing bowl (max. 2.2 liters). Adapt the Thermomix® method to the needs of your recipe. Sometimes two steps in a traditional recipe can be achieved in a single Thermomix® step. Finally, make your recipe with Thermomix®. Make notes on what works and what can be improved.

Some Useful Tips:

Reorganize your recipes to minimize efforts such as cleaning the mixing bowl.

- Dry to wet: Start with tasks that require a clean and dry mixing bowl (e.g. grinding sugar, chopping herbs).
- Cold to hot: Knead a dough, whip cream, blend drinks, or chop onions before cooking sauces or soups.
- All in one: For sauces, batters and cake mixes, you can add most ingredients at once and mix them in a few seconds. Also, whenever possible, cook several dishes at the same time using the simmering basket and/or Varoma.

Grind

Grind grains, nuts or sugar, grate cheese or bread, as a first step. These tasks work best in a clean and dry mixing bowl, and little to no cleaning will be required before the next step.

Mix

Mix sauces, cake batters, pancake batters or biscuit doughs in a few seconds on speeds 2 – 5. Note that all ingredients can usually be mixed all at once.

Chop

Chop vegetables before sautéing them. Chopping vegetables together with olive oil can make it easier or sometimes even unnecessary to scrape down the mixing bowl.

Knead

Knead bread, pizza or pasta dough before other tasks. These doughs are usually easy to remove from the bowl, which avoids unnecessary cleaning.

Whisk

Whisking egg whites requires a perfectly clean bowl, so start with this task whenever possible and remember to use the butterfly whisk.

Sauté

Sauté onions or other chopped vegetables at 120°C for maximum flavor, between 3-7 minutes; depending on the ingredients' water content. Stir on speed 4-1.

Cook

Cook or stew at 90-100°C to retain as many nutrients as possible. Cooking time depends on ingredients, so refer to a similar Thermomix® recipe for guidance. Use ↻ to stir or mix without chopping.

Cook/Steam

Cook/steam in the simmering basket or Varoma ingredients such as vegetables, rice, whole shrimp, meatballs and many more. Add liquid to the mixing bowl, or cook them at the same time as you cook another dish in the mixing bowl.

Cook with Milk or Cream

Cook with milk or cream at 90°C to avoid over-boiling. Stir sauces quickly to avoid lumps, on speed 2 – 4.

Cook your own recipes with Thermomix® and share with us your family recipe picture on Instagram and Facebook. [#thermomixcanada](#)



Chopping Functions

Use this table as a guide for chopping your ingredients. Ingredient amounts can be adapted to the quantity that you need. For some ingredients (e. g. nuts), results will be more consistent if you chop in several batches instead of increasing quantities.

Grate

Food	Amount	Time/Speed	Tips
Carrots, turnips or daikon	100-180 g, cut in pieces (4 cm)	3 – 4 sec/speed 5	
	200-450 g, cut in pieces (4 cm)	4 – 6 sec/speed 5	
	500-700 g, cut in pieces (4 cm)	5 – 7 sec/speed 5	
Cabbage (white/red), finely grated	200-400 g, cut in pieces	6 – 8 sec/speed 5	
Cabbage (white/red), coarsely grated	200-400 g, cut in pieces	2 – 4 sec/speed 5	
Apples	100-300 g, quartered	2 – 3 sec/speed 4.5	
	350-600 g, quartered	3 – 4 sec/speed 4.5	
	200-300 g, quartered 350-600 g, quartered	3 – 5 sec/speed 4.5 4 – 6 sec/speed 4.5	
Pears, nectarines, apricots, medium ripeness	200-300 g, quartered	3 – 5 sec/speed 4.5	
	350-600 g, quartered	4 – 6 sec/speed 4.5	
Dark chocolate	70-200 g, cut in pieces	3 – 4 sec/speed 7	For thick chocolate bars, use the longer time, adding 1 – 2 seconds as needed.
	250-300 g, cut in pieces	4 – 5 sec/speed 7	
Milk Chocolate	70-100 g, cut in pieces	3 – 4 sec/speed 6	For thick chocolate bars, use speed 7.
	150-200 g, cut in pieces	4 sec/speed 6	
	250-300 g, cut in pieces	4 – 5 sec/speed 6	
White Chocolate	70-200 g, cut in pieces	2 – 3 sec/speed 7	For thick chocolate bars, use the longer time, adding 1 – 2 seconds as needed.
	230-300 g, cut in pieces	4 sec/speed 7	
Dark chocolate, finely grated	70-200 g, cut in pieces	10 – 12 sec/speed 8	Use the longer time for a finer grind.
	250-300 g, cut in pieces	12 – 15 sec/speed 8	



Grate Continued

Food	Amount	Time/Speed	Tips
Milk chocolate, finely grated	70-200 g, cut in pieces 250-300 g, cut in pieces	6 – 7 sec/speed 8 7 – 9 sec/speed 8	Use the longer time for a finer grind.
White chocolate, finely grated	70-200 g, cut in pieces 250-300 g, cut in pieces	6 – 8 sec/speed 8 8 – 9 sec/speed 8	Use the longer time for a finer grind.
Breadcrumbs – coarse	100 g bread, fresh, cut in pieces (3 cm)	3 – 10 sec/speed 6	Use any type of bread. You can add herbs or garlic to the bread before grating. Bread crumbs made from dry bread will keep for several weeks if stored in an airtight container. Breadcrumbs made from fresh bread must be stored in the freezer.
Breadcrumbs – fine	100 g bread, cut in pieces (3 cm)	7 – 20 sec/speed 7	
Potatoes and sweet potatoes	200-500 g, cut in pieces 600-800 g, cut in pieces	4 – 7 sec/speed 5 5 – 10 sec/speed 5	
Cheese, medium-hard (e. g. gruyère, Emmental)	70-300 g, cut in pieces (2-3 cm)	5 – 14 sec/speed 7	Use the longer time for a finer grind.
Parmesan cheese (or other hard cheese)	50-70 g, cut in pieces (2 cm) 100-250 g, cut in pieces (2 cm)	12 – 20 sec/speed 10 10 sec/speed 10	Remove crusts before grinding



Chop, Crush, Mince & Grate

Food	Amount	Time/Speed	Tips
Fresh herbs (e.g. parsley, cilantro, sage, thyme, mint)	5 g, leaves only 10-25 g, leaves only 20-30 g, leaves only 30-40 g, leaves only	3 – 4 sec/speed 6 4 – 6 sec/speed 6 3 – 4 sec/speed 7 5 – 9 sec/speed 6	Use the longer time for a finer chopping result.
Dill	5-40 g, leaves only	4 sec/speed 8	If further chopping is required: Scrape down sides of mixing bowl and chop again 2 sec/speed 8
Rosemary	5-30 g, leaves only	10 sec/speed 8 , scrape down sides of mixing bowl, then again 5 sec/speed 8 if necessary	Moisture content of rosemary is variable.
Mixed fresh herbs	10-25 g, leaves only	3 – 4 sec/speed 7	
Garlic	1 clove 10-20 g 25-70 g 100 g	2 sec/speed 8 3 sec/speed 8 3 sec/speed 5 3 – 5 sec/speed 5	
Onion	30-70 g, halved 100-200 g, halved 220-350 g, halved 400-500 g, quartered	3 – 4 sec/speed 5 4 sec/speed 5 4 – 5 sec/speed 5 5 – 6 sec/speed 5	Cut large onions in quarters.
Crushed ice	200-550 g ice cubes	3 – 8 sec/speed 5	The length of time depends on size of ice cubes and desired result: The quantity of ice can be increased as long as ice cubes do not exceed the 1 liter mark in the mixing bowl.
Beef	300 g, cut in pieces (3 cm), partially frozen 500 g, cut in pieces (3 cm), partially frozen	10 – 13 sec/speed 8 13 – 16 sec/speed 8	To achieve a uniform result, cut meat in evenly sized pieces. The best result is achieved with meat that is partially frozen for 60 minutes.



Food	Amount	Time/Speed	Tips
Pork	300 g, cut in pieces (3 cm), partially frozen 500 g, cut in pieces (3 cm), partially frozen	8 – 10 sec/speed 6 12 – 14 sec/speed 6	
Poultry (white meat)	300 g, cut in pieces (3 cm), partially frozen 500 g, cut in pieces (3 cm), partially frozen	5 – 6 sec/speed 6 7 – 8 sec/speed 6	
Lamb	300 g, sinew free, cut in pieces (3 cm), partially frozen	10 – 13 sec/speed 8	
Nuts (e. g. almonds, hazelnuts), coarsely chopped	100 g 200-300 g	3 – 5 sec/speed 6 4 – 6 sec/speed 6	
Nuts (e. g. peanuts, cashews, coarsely chopped)	100-200 g 300 g	3 – 6 sec/speed 5 2 – 5 sec/speed 5	
Nuts (e. g. walnuts, pecans), coarsely chopped	100 g 200 g 300 g	2 – 6 sec/speed 4 3 – 7 sec/speed 4 1 – 3 sec/speed 5	

Grind & Mill

Food	Amount	Time/Speed	Tips
Nuts (e. g. walnuts, pecans), fine	100 g	4 – 6 sec/speed 6	
	150-250 g	5 – 7 sec/speed 6	
Nuts (e. g. almonds, hazelnuts, cashews, peanuts), fine	100 g	6 – 8 sec/speed 7	
	150-250 g	6 – 10 sec/speed 7	
Dried pulses (e. g. chickpeas, lentils, dried beans)	100 g	20 – 50 sec/speed 10	For best results, grind up to 250 g at a time. If more flour is needed, repeat the process in batches of up to 250 g.
	150-250 g	30 – 60 sec /speed 10	
			Time depends on type of pulse.
			The longer the grinding time, the finer the flour.
Cereal grains (e. g. wheat, rye, spelt, buckwheat, millet)	100 g	10 – 50 sec/speed 10	Cereal grains can be ground coarsely or very fine (flour). The longer the grinding time, the finer the grind.
	150-250 g	15 – 60 sec/speed 10	
			For best results, grind up to 250 g at a time. If more flour is needed, repeat the process in batches of up to 250 g.
Coffee beans	100-250 g	1 min/speed 9	
Poppy seeds	100-250 g	30 sec/speed 9	
Peppercorns, coarse	10 g	10 sec – 1 min/speed 10	Increase time for a finer grind.
Rice	100-150 g	1 – 1 min 30 sec/speed 10	Increase time for a finer grind.
Sesame seeds	100-150 g	6 – 10 sec/speed 9	Use unpeeled sesame seeds for fine flour, and peeled sesame seeds for sesame seed paste.
	160-200 g	9 – 15 sec/speed 9	
Spices	20 g	20 – 60 sec/speed 9	Grinding time depends on the spices used.
Confectioner's Sugar (white, brown and dark brown)	100 g	11 – 14 sec/speed 10	For best results, grind sugar in 100-200 g batches.
	150 g	15 – 18 sec/speed 10	
	200 g	17 – 20 sec/speed 10	



Steaming Functions

Use this table as a guide to steaming times, adjusting amounts and times according to your preference. Cooking times will vary depending on the quantity, quality, density and size of ingredients. To extend cooking time beyond 30 minutes, add 250 g water for each additional 15 minutes. Make sure a few holes in the Varoma dish and Varoma tray remain unobstructed, and that the Varoma lid is properly closed. Place 500 g room temperature water or broth in the mixing bowl and steam **stated time/Varoma/speed 1**.

Steaming Vegetables

Food	Amount	Time/Speed	TM Part	Tips
Carrots	200-500 g, sliced (5 mm)	18 – 24 min	Simmering basket	
	550-800 g, sliced (5 mm)	25 – 30 min	Varoma	
		17 – 25 min	Simmering basket	
Parsnips	300-1000 g, thin, whole	25 – 30 min	Varoma	
	200-500 g, peeled, cut in bite-sized pieces	10 – 15 min	Simmering basket	
	600-1000 g, peeled, cut in bite-sized pieces	15 – 20 min	Varoma	
Kohlrabi, turnip or daikon	200-600 g, cut in pieces (2-3 cm)	18 – 25 min		To achieve uniform results, cut parsnips in evenly sized pieces.
	700-1000 g, cut in pieces (2-3 cm)	24 – 30 min		
Broccoli florets	250 g	11 – 15 min	Simmering basket	
	400-800 g	15 – 22 min	Varoma	
Cauliflower florets	300 g	15 – 20 min	Simmering basket	
	400-900 g	20 – 25 min	Varoma	
Cabbage	300 g, cut in strips (1-2 cm)	10 – 15 min	Simmering basket	
	400-800 g, cut in strips (1-2 cm)	13 – 18 min	Varoma	



Steaming Vegetables Continued

Food	Amount	Time/Speed	TM Part	Tips
Asparagus	800 g	23 – 35 min	Varoma	Time depends on thickness of stalks.
Peppers	100-300 g, cut in strips (1.5 cm) 400-800 g, cut in strips (1.5 cm)	10 – 14 min 12 – 15 min	Simmering basket Varoma	
Button mushrooms	100-300 g, whole 400-500 g, whole	10 – 15 min 15 min	Simmering basket Varoma	
Button mushrooms	200-300 g, quartered 400-500 g, quartered	10 – 12 min 13 – 15 min	Simmering basket Varoma	Cut large mushrooms in eighths.
Peas	200-500 g, frozen 600 g, frozen	15 – 18 min 18 – 22 min	Simmering basket Varoma	
Potatoes, new, small	600 g 700-1200 g	30 – 35 min 35 – 40 min	Simmering basket Varoma	
Potatoes and sweet potatoes	200-600 g, cut in pieces (2-3 cm) 700-1000 g, cut in pieces (2-3 cm)	17 – 30 min 20 – 35 min	Simmering basket Varoma	
Leeks	200-400 g, sliced 500-800 g, sliced	15 – 20 min 20 – 25 min	Simmering basket Varoma	
Celery, cut in pieces	200-400 g, cut in pieces (2 cm) 500-800 g, cut in pieces (2 cm)	20 – 25 min 25 – 30 min	Simmering basket Varoma	
Celery root	200-450 g, cut in pieces (2-3 cm) 500-800 g, cut in pieces (2-3 cm)	13 – 17 min 20 – 25 min	Simmering basket Varoma	



Food	Amount	Time/Speed	TM Part	Tips
Green beans	200-300 g, cut in pieces (3-5 cm) 400-800 g, whole	15 – 25 min 15 – 30 min	Simmering basket Varoma	
Fennel bulbs	200-400 g, quartered 500-800 g, quartered	18 – 25 min 27 – 30 min	Simmering basket Varoma	
Fennel bulbs	100-400 g, sliced (1 cm) 500-800 g, sliced (1 cm)	15 – 20 min 18 – 25 min	Simmering basket Varoma	
Spinach, fresh	500 g	10 – 12 min	Varoma	Maximum 500 g
Zucchini	200-500 g, halved, then sliced (1 cm) 600-800 g, halved, then sliced (1 cm)	14 – 19 min 20 – 25 min	Simmering basket Varoma	

Steaming Fruit

Food	Amount	Time/Speed	TM Part	Tips	Food	Amount	Time/Speed	TM Part	Tips
Apples	200-400 g, quartered 500 g, quartered	10 – 22 min 12 – 25 min	Simmering basket Varoma	Steaming time depends on type and ripeness of apples. To double the quantity, insert Varoma tray and add a further 500g.	Pineapple	200-400 g, cut in triangles (5 mm thick) 500 g, cut in triangles (5 mm thick)	10 – 15 min 15 – 20 min	Simmering basket Varoma	Steaming time depends on type and ripeness of pineapple. To increase the quantity, insert Varoma tray and add a further 400 g.
Pears	200-400 g, quartered 500-800 g, quartered 200-400 g, halved 500-800 g, halved	10 – 16 min 15 – 20 min 13 – 18 min 18 – 23 min	Simmering basket Varoma Simmering basket Varoma	Steaming time depends on type and ripeness of pears.	Bananas with chocolate filling	2 bananas, whole	12 min	Varoma	Make a deep cut in the top of the banana and insert 1 – 2 pieces chocolate.
Apricots	300-400 g, halved 500 g, halved	9 – 12 min 10 – 15 min	Simmering basket Varoma	Steaming time depends on type and ripeness of apricots. To double the quantity, insert Varoma tray and add a further 500 g.	Papaya	1 small papaya, halved	10 – 15 min	Varoma	To double the quantity, insert Varoma tray and add another papaya, halved.

Peaches	300-450 g, halved 500 g, halved	8 – 12 min 10 – 15 min	Simmering basket Varoma	Steaming time depends on type and ripeness of peaches. To double the quantity, insert Varoma tray and add a further 500 g.
Plums	200-400 g, halved 500 g, halved	7 – 10 min 12 – 14 min	Simmering basket Varoma	Steaming time depends on type and ripeness of plums.
Rhubarb	300-450 g, cut in pieces (1.5-2 cm) 500-800 g, cut in pieces (1.5-2 cm)	8 – 18 min 12 – 22 min	Simmering basket Varoma	Steaming time depends on type and ripeness of rhubarb. To make compote, sprinkle 400 g rhubarb in simmering basket with 80 g sugar and steam without measuring cup (to avoid overboiling) 13 – 18 minutes. For double the quantity, in Varoma dish, steam 17 – 20 minutes. Transfer steamed rhubarb to a bowl, pour over the cooking liquid and allow to cool.



Steaming Fish and Seafood

Food	Amount	Time/Speed	TM Part	Tips
Fish fillets (e. g. salmon, perch, bass, kingfish, snapper)	2-3 fillets (150 g each, 2-2.5 cm thick) 5-6 fillets (150 g each, 2-2.5 cm thick)	12 – 18 min	Varoma dish Varoma dish and Varoma tray	For frozen fish, increase steaming time by 5 min. To cook 5 pieces of fish, place 2 pieces in Varoma dish and 3 pieces in Varoma tray.
Mussels, in the shell	500 g 1000 g	15 min 23 min	Varoma dish	Add mussels into the Varoma dish. When the water has reached Varoma temperature, put the Varoma in place and start cooking the mussels
Shrimp raw, with shell	400 g large prawns (40 g each), shell and head on 500 g large prawns (40 g each), shell and head on	8 – 10 min 10 – 15 min	Simmering basket Varoma	For frozen shrimp, increase time by 2 min.
Whole fish, e. g. trout, dorado, bass, perch, bream, snapper	2 (approx. 440 g) 4 (approx. 440 g each)	15 – 17 min 17 – 20 min	Varoma Tray 2 in Varoma dish and 2 on Varoma tray	



Steaming Meat

Food	Amount	Time/Speed	TM Part	Tips
Meatballs	500 g, apricot-sized 1100 g, apricot-sized	20 – 25 min	Varoma dish 500 g in Varoma dish and 600 g on Varoma tray	
Chicken breasts	3 breasts (approx. 500 g) 6 breasts (approx. 800 g)	20 – 25 min	Varoma dish 2 in Varoma dish and 4 on Varoma tray	Make sure some holes remain unobstructed so that steam can circulate.
Turkey escalopes	3 escalopes (approx. 600 g)	15 – 25 min	1 in Varoma dish and 2 on Varoma tray	Make sure some holes remain unobstructed so that steam can circulate.
Sausages	6 pieces 12 – 14 pieces	10 – 15 min	Varoma dish 6 in Varoma dish and 6 – 8 on Varoma tray	Time depends on thickness of sausages.
Pork tenderloin	500 g, halved 1500 g, halved	18 – 23 min 25 – 30 min	Varoma dish 500 g (halved) in Varoma dish and 1000 g (halved) on Varoma tray	Make sure some holes remain unobstructed so that steam can circulate.
Beef fillet	500 g (1 piece, whole)	12 – 30 min	Varoma dish	Adjust steaming time to desired cooking point of meat (longer for well-done meat). For a delicious browned crust, briefly sear the fillet after steaming in a very hot nonstick frying pan and allow to rest for approx. 10 minutes in aluminum foil.



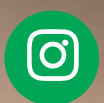


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